

# Ballet Technique Class Guideline for Ballet, Modern & Jazz Divisions 2019-2020

Revised 3/19

## Ballet Division (Ballet Class per week requirement)

# of Ballet Class per Week	Non-Performing		Beginning & Intermediate Levels			Pre-Advanced Training		Advanced Training			
	Beg Ballet 5-8yrs (Jan-May Only); Beg Ballet ages 8+		Level 1 ages 5-7	Level 2 & 3	Level 4 & 5	Level 6	Level 7 Pre-Pointe	Level 7 *	Level 8 *	Level 9 *	Level 10 *
	Teen/Adult										
1											
2				●	●						
3					●	●					
4							●	●	●	●	
							* Pointe 7	* Pointe 8	* Pointe 9	* Pointe 10	

■ - Required

● - Recommended

\* - Required Additional Class

## Leveled Ballet Division: Alignment Belt Color

Lvl 1	Lvl 2	Lvl 3	Lvl 4	Lvl 5	Lvl 6	Lvl 7	Lvl 8	Lvl 9	Lvl 10
Lt Pink	White	Lt Blue	Yellow	Lilac	Hot Pink	Royal	Red	Turquoise	Grey

## Modern Division (Ballet Class per week requirement)

# of Ballet Class per Week	Modern ~ Ballet Lvl 6/7		Modern ~ Ballet Lvl 8/9/10		
	Level 6	Level 7	Level 8	Level 9	Level 10
1					
2					
3	●				
4		●	●	●	●

■ - Required

● - Recommended

## Jazz Division (Ballet Class per week requirement)

# of Ballet Class per Week	Beginning Levels					Intermediate Levels			Advanced Training			
	Level 1 ages 5-7	Level 2 ages 5-7	Beg Jazz ages 8+	Beg Jazz ages 11+	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
1	●	●	●	●	●	●						
2					●	●	●	●	●			
3								●	●	●	●	●
4										●	●	●

■ - Required

● - Recommended

Ballet Rincon recommends all dancers try a variety of dance disciplines for their most comprehensive training. Please remember ballet is the foundation for all the contemporary dance styles, and dancers enrolled in the ballet program experience the greatest progression in their all-around technique and performance.